



Suggested guidelines for first contact with AMIGO Mentor:

- 1) Introduce yourself, your year of training, hospital.
- 2) Basic information about your background: hometown/ educational background/ family.
- 3) Briefly describe your career aspirations and goals in fellowship.
- 4) Identify one or two questions/ areas of guidance for your mentor to help you with.
- 5) Attach your CV and request your mentor's CV.
- 6) Invite them to set up a time for your first meeting (at ACR, over the phone, etc).

Mock Email:

To: GFStills@gosh.org
Re: From new AMIGO mentee

Dear Dr. Stills,

My name is Lily and I'm currently a first year fellow at the Children's Hospital of Smithtown. I was very excited to hear that I was paired up with you to be my AMIGO mentor over the next few years. I'm looking forward to meeting you at the ACR.

Before meeting, I wanted to give you some basic information about myself. I'm originally from Brooklyn, NY, and went to undergrad at Wesleyan where I majored in Art and Education. I worked as a kindergarten teacher for several years before I discovered medicine. Pediatrics was an obvious fit because of my love of working with children and families. I moved to Smithtown for medical school and stayed on for residency, where I was first introduced to pediatric rheumatology. I was lucky enough to match here for fellowship and I live in Smithtown with my husband Marshall and 1 year old son Marvin.

I am still passionate about teaching, and that will likely propel me toward a career as a clinical educator. I have very little research background, but am looking forward to expanding that experience in fellowship. I am interested in taking on a project in clinical research in fellowship, perhaps in SJIA, a specific disease interest of mine (and I understand a special interest for you, as well). That said, I have not ruled out basic science research. I'd love some guidance and advice in how to pick a mentor or research project. I would also like to discuss what experiences or education I should make sure I have during my fellowship to put me on track to become a strong clinical educator.

I've attached my CV to this email. Please send me yours so I can review it before our first meeting. Looking forward to speaking with you!

Best,
Lily
Lily Aldrin, MD
Fellow, PGY-4
Pediatric Rheumatology

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